

WestCare Express

The WestCare Foundation Employee Newsletter



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Scouts Volunteer Their Landscaping Skills

An article submitted by WestCare Nevada staff

The Women and Children's Campus clients and staff were extremely grateful for the phenomenal landscaping work that a group of volunteers accomplished, making the entrance to our home warm and inviting. The incredible amount of volunteers, labor hours, donated materials and overall attention that was dedicated to this project will forever be deeply appreciated.

The Scout Law is followed by all young men participating in the Scouting program. This law teaches Scouts about life. It encourages respect, hard work, service and qualities that a young man should have to ultimately earn the rank of Eagle and then carry with them throughout life. An Eagle Scout is the highest rank attainable in the Boy Scouting program of the Boy Scouts of America. Those who attain this rank are called an Eagle Scout or Eagle.



The requirements for Eagle are 21 merit badges, being a lower ranked Scout for six months, and demonstrating leadership by planning and carrying out a service project that will be beneficial to a community-based organization.

My name is Boyden Bulloch, and I chose to do a service project for the WestCare Women and Children's Campus of Nevada. I became acquainted with WestCare through my parents' previous volunteering. I was introduced to director Darlene Terrill and discussed possible service project ideas. After touring the facility, I decided I would like to help this organization.

**"A Scout is
Trustworthy, Loyal,
Helpful, Friendly,
Courteous, Kind,
Obedient, Cheerful,
Thrifty, Brave,
Clean, and Reverent."**

-- The Scout Law

The planning and approval for the project took almost six months. With the help of close to 50 volunteers over several days, we went to work. The first task at hand was to remove all the old rock and exposed plastic weed barrier. A dumpster donated by the Lunas Construction company assisted in the removal of this material. On Saturday, August 1, the volunteers dug about 40 holes for new plants. All plants, cactus and labor were donated by a local

Feature article: continued from page one

▼ After



On the final day of work, August 8, the volunteers spread 12 tons of red granite rock and placed 12 rainbow-colored boulders. This was donated by Kalamazoo Materials to give it a nice color. The Offsite Development company donated the dump truck to haul the rock.



The finished product has several benefits, including it is water smart, it looks great, and it is a fitting entrance for a home.

landscaping company, Reyburn Companies. Reyburn assured this variety of plants would give the area color and texture.

Throughout the week, volunteers trimmed trees and buried water smart irrigation pipes with the assistance of installers from the Sunstate Landscape Company.

► Before



WestCare's Village South Recognized for Its Seeking Safety Program

Article submitted by Florida Staff

The Florida Department of Children and Families (DCF) and The Florida Alcohol and Drug Abuse Association (FADAA) awarded the Village South a 2009 Substance Abuse Services Best Practices Award. The Exemplary Program Award was given to the Village South for its Seeking Safety Program and was the highest honor of the year.

According to Gerald Jackson of DCF, "The Best Practices Recognition Program provides recognition for programs that exemplify best practices methods in substance abuse prevention and treatment services. These programs' efforts are shown to measurably improve service outcomes and the quality of life for program participants."

Considering the substantial number of clients being served who had trauma histories and the differential completion rates among these clients, it was determined that it would be in the best interest of our clients and their families to ensure the delivery of specialized trauma-informed services while in residential care to address these needs in an integrated manner to maximize clinical outcomes and minimize the risk of relapse. Also, based on The Village's successful participation in an outpatient NIDA clinical trial using this evidence-based practice and the significant reductions in the frequency and severity of posttraumatic stress disorder symptoms, the Seeking Safety Program was implemented and made available to the adult and adolescent residential clients.

Frank Rabbito, senior vice president; Dr. Michael Miller, special projects officer; and Natsuko Nakahara, child therapist were presented with the award at the FADAA annual luncheon on August 13 by George Sheldon, secretary of DCF. Congratulations to all of us at WestCare and the Village South for this huge honor!

South Florida



▲ Above – Receiving the award for the Village: Bob Rihn, FADAA president; DCF secretary George Sheldon; Stephanie Colston, DCF substance abuse program director; Frank C. Rabbito; and Mark Fontaine, FADAA executive director.

St. Croix Unity Coalition, Inc.

By Alexis George – Program Coordinator

U.S. Virgin Islands

The St. Croix Unity Coalition held their 9th Annual Teen Summit July 31 through August 2 at the University of the Virgin Islands, St. Croix campus. The theme of this year's antidrug/antiviolence prevention education initiative was "Living Drug Free is the Choice for Me." There were 78 participants and 60 volunteers, including 30 caregivers and teen mentors, 5 Virgin Island National Guard members, 9 youth volunteers and 12 volunteers from Civil Air Patrol and 4 from U.S. Customs and Border Protection.

There were nine workshop sessions, including: drug prevention, underage drinking, sexual assault, HIV/AIDS STD prevention, health and nutrition, anger management/conflict resolution, financial literacy for teens, Hepatitis prevention and your culture and you. We also brought on a new partner, U.S. Customs and Border Protection, who were instrumental in providing volunteers and promotional items for the Teen Summit. The Teen Summit was funded in part from a grant that was received from the Department of Human Services Safe and Drug Free Schools and Communities Non-School Hour Grant.

There were other activities included in the summit that were designed to broaden the participants' horizon and provide an overall pleasant experience. These included several icebreakers during the opening ceremony to get the participants to interact and bond with each other. We also had a barbeque and variety show for the participants. The variety show theme was "A Fight



Against Corruption – do not corrupt your life with the use of drugs and alcohol," and participants had to incorporate a prevention message into their act. Prizes were awarded to the winners. There was also a performance by a local youth band called "Evolution."

On the final day there was a youth speak out panel discussion/Town Hall Meeting. This gave the youth the opportunity to convey what they learned during the workshops and to also express their concerns to the leaders and policy makers about the issues in the community that may have an impact on their lives. The panel was made up of two male and two female youth participants, along with Senator Wayne James; Sgt. Stephen Charles, Maren Roebuck



State Prevention Coordinator; and Senator Terrence "Positive" Nelson. Upon the conclusion of this activity there was a mock election held regarding changing the legal drinking age to 21 years. Many of the participants voted in favor of increasing the legal drinking age. Upon observing the participants' passions and arguments during the panel discussion, Senator Wayne James made a commitment to bring this issue to the legislative body for review and recommendations for changing the legal drinking age to 21 years.

During the closing ceremony, the participants, volunteers, caregivers/teen mentors and presenters were given certificates of participation and appreciation. The participants also were given a book titled Fighting Invisible Tigers, a stress/peer pressure management guide for teens.

This year's Teen Summit was a tremendous success, and the goal of conveying the message of being drug free and living a healthy lifestyle was achieved. We were successful in collaborating with our stakeholders in providing prevention education of underage drinking and other issues that are affecting our community.



Bakersfield Family First

By Rashid Frye – Program Director, Bakersfield Programs

Bakersfield programs were awarded two grants in March of this year, one at the adult residential facility and the other at adult outpatient services. Since its conception, the programs have served many families on the path of recovery from their loved ones' addictive behaviors.

We have noticed an increase in our participants' commitment to the process that has the support of their families. The children in this program are getting the opportunity to see their fathers in a different light

The program modality is an intergenerational, interactive approach. The parents and children get to learn together about the effects that addiction has on the family. They experience the effects of bonding through various activities such as putting together age-appropriate puzzles, working with clay and painting. For the older children, we have board games, and the families are scheduled to put on a puppet show. We are also planning a family outing consisting of a family bowling day and a trip to a local family theme park.

The blanketing theme is "Family Strengthening to Build Resilient Children," addressing the needs of children at risk.

Our programs would not run so smoothly without the help of our outstanding supporting staff: Donna Del Rio, Jacqueline Villegas, Deann Reed, Roberta Rodriguez and Kathryn Reyes.

Thank you team for your dedication and effort!

California



*"One Body,
One Mind,
One Family"*

No Retreat...No Surrender

By Rashid Frye – Program Director, Bakersfield Programs

Semper Fi! My birth name is Roderick; however, today I go by Rashid (my name since my rebirth in recovery). It means the guide to the right path. I'm a 49-year-old black male, come from a middle class family involved in the church, and am educated. My mother was a very nurturing and supportive woman; my father, I've never known him to this day; my mother finally married when I was 15 to a psychologically and emotionally abusive man. My first time drunk was at age 13 at a wedding reception of a cousin; at age 14 I started experimenting with marijuana (introduced by a cousin).

By 15 I was dealing for him, still going to school playing on the football team; however, I was becoming increasingly defiant at home, especially toward my stepfather. Through a friend I became involved in Air Force JROTC, which increased my interest in the military. My grades weren't going to get me into college. JROTC was really cool: the uniform, respect, I lived very close to Andrews AFB in Forestville, MD so it was almost my destiny, but my substance use continued.

I managed to pass the ASVAB and get on the delayed entry program. Upon graduation I entered the Army in 1978 . . . the Army you ask . . . simple my scores weren't high enough to be an air traffic

controller, so I joined the army. After boot-camp and AIT I was assigned to Fort Bragg 364th S&S CO. When I reported, we were already on alert for Jonestown; needless to say, this was quite the culture shock for a fresh out of boot camp soldier.

Upon our return my drinking increased 7 fold; I had some of the older soldiers teach me how to drink (not to add soda to the liquor, because of the sugar) so I only drank straight liquor. I drank to get drunk, no other reason. My tolerance was insane; I also started using mescaline. Not bragging but I could function at a .3; the alcohol made me feel a part of the big boys. It numbed my fears of feeling adequate, it forced me to be perfect or present that to cover my alcoholism.

I went on reserve status in 1984 for about 4 years after our invasion of Grenada. I met up with my high school sweetheart who introduced me to crack cocaine. I got a job at the Supreme Court of the United States as a police officer, but my addiction of course caused me to resign. After losing this prestigious job, I became very depressed and not okay in my own skin. I decided to return to the only world I believed understood me, the military. I joined the Marines this time; however, my addiction still existed and while in Japan I was stopped for a

DUI. After Desert Storm I was released from military services – another blow. My addiction regained its path of destruction. I divorced my wife and moved to California. I was facing 3-5 years for two counts of battery with corporal injuries.

After losing everything, a fellow Marine took me to a residential drug treatment program. He literally dropped me off on the steps of the program. His name is Andrea and still to this day I consider him my guardian angel (he truly saved my life). In this program I took a real look at self, which wasn't an easy task because I was perfect (right) or so I believed, but I became serious about wanting my life back. I took the "No Retreat . . . No Surrender" approach; I fought this internal enemy called addiction.

Fifteen years sober and recovering, now life is exactly as I have always desired. I am a program director in Bakersfield, CA of two substance abuse programs, working with incarcerated males and parolees. I have a lovely wife of 15 years, two gorgeous daughters and one granddaughter. My mother-in-law adores me, and I'm very involved in the local treatment community.

Semper Fi!



About Recovery Month

Recovery Month is an annual observance that takes place during the month of September.

The Recovery Month observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. Each year a new theme, or emphasis, is selected for the observance.

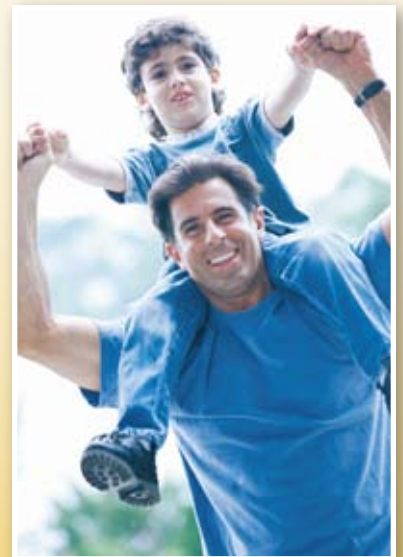
Recovery Month provides a platform to celebrate people in recovery and those who serve them. Each September, thousands of treatment programs around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about treatment, how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. Recovery Month highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

Sponsors

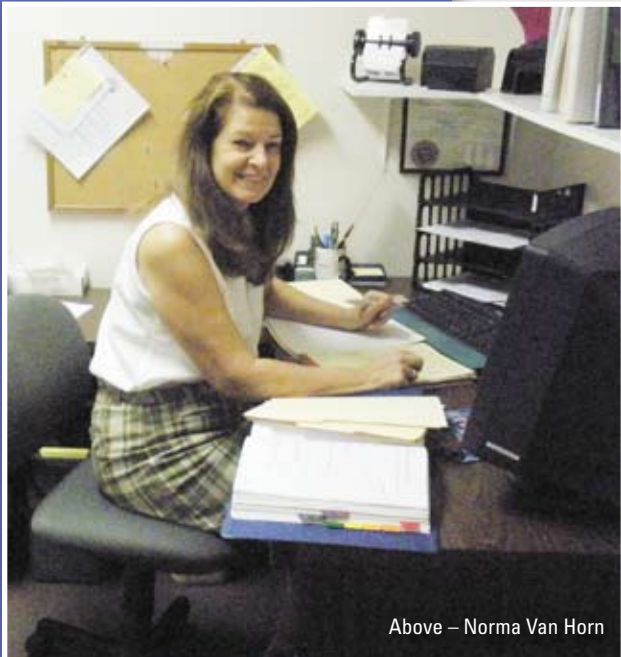
Recovery Month is sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT). CSAT, created in October 1992 by a Congressional mandate, provides national leadership in the Federal government's effort to improve the lives of individuals and their families affected by alcohol and drug abuse. CSAT works to improve access to clinically sound, cost-effective addiction treatment to reduce the health and social cost to our communities and the Nation. Such factors as inadequate capacity, limited public and private health insurance benefits, and stigma have contributed to the gap between the number of people who need treatment and the number who receive it.

CSAT works cooperatively with a myriad of public and private addiction treatment organizations and related entities to identify, develop, and support approaches and programs that expand and enhance treatment services. As a part of those efforts, CSAT produces a number of publications that provide technical assistance to providers seeking to deliver the most effective treatment services to their clients. CSAT also aims to assist the public with localized efforts to promote treatment effectiveness and encourage communities to invest in addiction treatment services.



Arizona Says Good-Bye to Long-Time Employee

Arizona



Above – Norma Van Horn

After a highly emotional month in June and a reorganization of staff and programming, things seemed to be on the right path in Arizona. Staff was embracing the new changes and looking toward the future as well as implementing a few new programs. Then long-time employee Norma Van Horn submitted her resignation. Norma and her husband, Ken, had made the decision months ago to sell their house and move to Florida in preparation for their retirement. With a poor economy and housing market that has been stifled, we never thought their house would sell, but it did.

Norma has been working for WestCare Arizona since 2001. She started as the receptionist and

By Tracy Stevens – Area Director

through the years as the staff and programming grew, Norma took on more administrative responsibilities and eventually came to manage all of the Arizona human resource responsibilities, in addition to numerous other administrative tasks. Norma has always put her heart and soul into her job and truly believed in *Uplifting the Human Spirit*. She perpetually arrived to work early, volunteered for staff committees and participated in outside community events supporting WestCare Arizona without hesitation.

Norma and her husband have three grown sons. Norma, Ken and their three dogs, Rusty, Mya and Pepper, will be loading up their cars and hitting the road at the end of August as they begin to write the next chapter of their lives. Norma will be truly missed, but the staff in Arizona wishes her and her husband the best that life can bring. Thanks for making a difference in our lives and those we serve.

5 Questions with . . .

Marcia Jackson – WestCare's director of accreditation. She was born in a snowstorm in Ohio and moved to Florida three weeks later and has stayed. A shift from a paralegal career to behavioral health occurred at mid-life due to life-changing events. Her goal now is being of service and giving back to those facing substance abuse challenges.

1. What is your most rewarding experience and biggest challenge working for WestCare?

When I began with WestCare in August 2006, my biggest challenge was getting to know folks in each region. As I continue that process, it is my most rewarding experience to work with such wonderful, talented, dedicated, caring people.

2. What do you do in your spare time?

I enjoy spending time with family and friends, going to the movies, the beach, and reading novels by such authors as Jodi Picoult, Clive Cussler, Jonathan & Faye Kellerman, Tony Hillerman, etc.

3. What would everyone be surprised to learn about you?

That I reared my grandson who is now in Iraq, while his wife and son (my great-

grandson) are in Virginia. I hope they move to Florida when he returns this fall.

4. Proudest personal or professional accomplishment?

Since my parents thought a woman's place was in the home, I am proudest of returning to school mid-life and receiving masters degrees in social work and public health. That background taught me that relationships are the most important aspect of life. One of my challenges is to remember this when I am very focused on tasks.

5. What is your favorite TV show? If you do not watch TV what is your favorite type of music?

I enjoy HGTV shows, NCIS, Law & Order, House and Hallmark movies.



Watching Our Garden Grow!

WestCare Kentucky Hal Rogers Appalachian Recovery Center enjoys the fresh vegetables produced in our garden.



Kentucky

▶ Bell Pepper plants!

▶ Maintenance Technician Jeremy Salyers plants seeds in the greenhouse for the summer garden.



▶ Marigold Flowers



Making Family Connections

WestCare celebrates Father's Day at the Hal Rogers Appalachian Recovery Centers. Funding for the activities were sponsored by a Fatherhood Initiative Grant through Families First. Twenty-five children and 30 fathers participated.



Photos: Food, live music, a dunking booth, corn hole, volleyball, horse shoes and a water slide were just a few of the activities everyone enjoyed on this special day.

WestCare Wellness Watch



Enjoy Your Life and Do It Your Way!

By Wendy Simpkins

Do you feel tense and anxious more than half of the day? Is your personal life less than happy? If so, you've got too much stress. If you're like most people, you've sought relief from this situation by trying a quick fix or two in an attempt to escape it all. While these may serve as temporary fixes, nothing in your life changes when you return to your regular routine.

Stress is internal and sometimes it can feel awful – sensing you are not in control is the worst. The easiest way to mitigate its effect is to take charge of the one and only thing you have the power to control – YOU, and let go of what you can't control. Here are some simple ways you can take control back and enjoy a happier day:

1. Exercise – Whatever works best for you: run, walk, join a health club or local gym.
2. Do something just for you – get a new haircut or take a bubble bath with a good book.
3. Call, visit or write a friend you haven't spoke to in a while.
4. Get plenty of sleep – take a nap on a rainy day.
5. Donate some time to a local Humane Society or Shelter.
6. Blow bubbles.
7. Buy a live tree or a plant.
8. Send someone flowers or balloons for no reason.
9. See a play.
10. Attend a poetry or book reading.

Anything you do that makes you smile and happy will help relieve stress in your body and life!

